



South Central District Health

Keeping your family & community healthy
1020 Washington Street North * Twin Falls, ID 83301
208-737-5900

September 25, 2006

PRESS RELEASE – For Immediate Release

Contact: Lisa Klamm, RN, Immunization Coordinator, 436-7185 (Rupert)

District Health Schedules Seasonal Influenza Vaccination Clinics

South Central District Health has set its fall seasonal flu vaccination schedule from mid-October to early December, at a variety of locations. Clinics are scheduled to begin the week of Oct. 16, with appointments being accepted starting Oct. 2. People who are at a high risk of serious complications from influenza will be given first priority for the vaccination clinics. The charge for the vaccine will be \$19, with billing available to Medicare, Medicaid, Blue Cross, and Blue Shield by SCDH. Additionally, staff can schedule people over age 65 for a pneumonia vaccination if they have not had one.

District Health is encouraging those individuals who have health conditions that make them vulnerable to serious complications from influenza to get their vaccination early. CDC has expanded categories of risk this year over previous years. Individuals most at risk for serious complications from influenza include:

- Residents of nursing homes and long-term care facilities;
- Those with chronic long-term health problems including chronic lung disease (COPD, asthma, emphysema, etc.); congestive heart failure or congenital heart disease; diabetes or kidney dysfunction; sickle cell disease; or HIV;
- Women who will be at least three months pregnant during influenza season; and
- Children between the ages of 6 months and 5 years, which is expanded from 3 years of age. (The first time children receive influenza vaccine they need two shots, given one month apart, to develop immunity).
- People age 50 and over (expanded from last year which was only those over 65).

In addition, caregivers should be vaccinated to prevent transmission to vulnerable people and maintain their ability to provide care. These individuals include household contacts and out-of-home caregivers of children under the age of 5 and health-care personnel who provide direct patient care.

The CDC anticipates that more vaccine should be available this year than ever before. Vaccine manufacturers report they expect to produce more than 100 million doses of influenza vaccine this year. Adults develop antibody protection against influenza infection about seven days after vaccination.

The influenza season in south central Idaho usually begins in December, peaking in early February and lasting until March. Influenza viruses are spread from person-to-person primarily through the coughing and sneezing of infected persons. Influenza is characterized by the abrupt onset of fever, headache, severe discomfort, muscle tenderness or pain, nonproductive cough, sore throat, and a very runny nose.

SOUTH CENTRAL DISTRICT HEALTH INFLUENZA VACCINATION CLINICS

*Appointments are necessary for all clinics.
Please call the SCDH contact office to schedule an appointment.*

*Clients are reminded to wear short-sleeved clothing
so they do not have to roll up their sleeves to receive an injection.*

CITY	DATE / TIME	PLACE	CONTACT
Albion	Wednesday, Nov. 1 9:30 – 11:30 a.m.	Albion Senior Center	Burley SCDH Office 678-8221
Bellevue	Monday, Oct. 30 Noon – 6 p.m.	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
	Monday, Nov. 6 Noon – 6 p.m.	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
Burley	Wednesday, Oct. 18 8:30 – 11:30 a.m. & 1 – 3:30 p.m.	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Thursday, Nov. 9 8:30 – 11:30 a.m.	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Friday, Nov. 17 8:30 – 11:30 a.m.	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Thursday, Nov. 30 8:30 – 11:30 a.m. & 1 – 3 p.m.	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Friday, Dec. 15 8:30 – 11:30 a.m.	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
Carey	Thursday, Oct. 19 10 a.m. – 2 p.m.	Carey School	Bellevue SCDH Office 788-4335
Eden	Thursday, Oct. 26 9 a.m. - Noon	Senior Citizens Center 210 E. Wilson	Jerome SCDH Office 324-8838
Fairfield	Tuesday, Oct. 17 9 a.m. – Noon	Camas County Senior Center 129 W. Willow	Gooding SCDH Office 934-4477
Gooding	Monday, Oct. 23 9 a.m. - Noon	Senior Citizen Org. 308 Senior Avenue	Gooding SCDH Office 934-4477
	Tuesday, Nov. 14 9 – 11 a.m.	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
	Tuesday, Nov. 21 1:30 – 3:30 p.m.	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
	Tuesday, Nov. 28 9 – 11 a.m.	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
Hailey	Tuesday, Oct. 31 9 a.m. – Noon & 1-3 p.m.	Blaine County Senior Center 721 3 rd Avenue S.	Bellevue SCDH Office 788-4335

Hagerman	Monday, Oct. 30 9 a.m. - Noon	Hagerman Valley Sr. Center 140 E. Lake	Gooding SCDH Office 934-4477
Jerome	Friday, Oct. 27 9 a.m. – Noon	Senior Citizen Center 212 1 st Avenue East	Jerome SCDH Office 324-8838
	Thursday, Nov. 2 8:30 – 11:30 a.m.	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
	Thursday, Nov. 9 8:30 – 11:30 a.m.	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
	Thursday, Nov. 16 8:30 – 11:30 a.m.	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
	Thursday, Nov. 30 8:30 – 11:30 a.m.	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
Malta	Wednesday, Nov. 1 1:30 – 4:30 p.m.	Raft River Electric	Burley SCDH Office 678-8221
Oakley	Friday, Oct. 27 9 – 11:30 a.m.	Oakley Senior Center	Burley SCDH Office 678-8221
Richfield	Thursday, Oct. 19 9 a.m. - Noon	Richfield Senior Center 130 S. Main	Jerome SCDH Office 324-8838
Rupert	Tuesday, Oct. 17 8:30 – 11:30 a.m. & 1:30 – 3:30 p.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Thursday, Oct. 19 8:30 – 11:30 a.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Friday, Oct. 20 8:30 – 11:30 a.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Tuesday, Oct. 24 8:30 – 11:30 a.m. & 1:30 – 4:30 p.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Thursday, Oct. 26 8:30 – 11:30 a.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Thursday, Nov. 9 2 – 4 p.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Monday, Nov. 13 8:30 – 11:30 a.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Tuesday, Nov. 14 8:30 – 11:30 a.m. & 1:30 – 4:30 p.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
Shoshone	Friday, Oct. 20 9 a.m. - Noon	Golden Years Senior Center 218 N. Rail St. W.	Gooding SCDH Office 934-4477
Twin Falls	Tuesday Clinics: Every Tuesday from Oct. 17 to Dec. 5 8:30 – 11:30 a.m. & 1 – 3:30 p.m.	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 737-5900
	Friday Clinics: Oct. 20, Nov. 3, 17, & Dec. 1: 8:30 – 11:30 a.m. Oct. 27 & Nov. 10: 1 – 3:30 p.m.	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 737-5900
Wendell	Tuesday, Oct. 31	Wendell Housing Assn. 105 West Avenue A	Gooding SCDH Office 934-4477

Recap of the 2005-06 Season

Between Oct. 1, 2005, and May 1, 2006, 12 individuals died in Idaho from influenza-associated complications (10 Idaho residents and two non-residents), with an average age of 79 years. All were over the age of 50. This is consistent with findings from the last few seasons with an average of 12.8 deaths between the 2001-02 and 2005-06 season (range: 3 deaths to 28 deaths during those years). During the 2003-04 season, there were 28 deaths, one of which was a child under the age of 5.

Every year in the United States, on average, 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from flu.

It is not known what this influenza season will be like, so it is strongly recommended that everyone receive a vaccination. The best time to receive influenza vaccine is during the months of October to December, but vaccination any time during the six month season is beneficial.

Preventing the Flu

The single best way to prevent the flu is to get vaccinated each fall, but good health habits and antiviral medications are other measures that can help protect against the flu.

- ***Avoid close contact.***

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

- ***Stay home when you are sick.***

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

- ***Cover your mouth and nose.***

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- ***Clean your hands.***

Washing your hands often will help protect you from germs.

- ***Avoid touching your eyes, nose or mouth.***

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

How should the flu be treated?

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco

- Take medication to relieve the symptoms of flu (but *never* give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor.)
- In some cases, your doctors may choose to use certain antiviral drugs to treat the flu. (Influenza is caused by a virus, so antibiotics [like penicillin] don't work to cure it.)

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